

MS Caregiver and Veteran Resources

VA Caregiver Website: www.caregiver.va.gov

- Caregiver Support Coordinator at your VA: www.caregiver.va.gov/help_landing.asp
- Every Day Tips and Checklists: www.caregiver.va.gov/toolbox/toolbox_tips.asp
- Family Caregivers of Veterans: www.caregiver.va.gov/support/support_services.asp
- Managing Challenging Behaviors: [www.caregiver.va.gov/pdfs/Caregiver Workbook V3 Module 5.pdf](http://www.caregiver.va.gov/pdfs/Caregiver_Workbook_V3_Module_5.pdf)
- Medication Log: www.caregiver.va.gov/pdfs/MedicationLog.pdf

VA Multiple Sclerosis Centers of Excellence (MSCoE) Website: www.va.gov/ms

- Caregivers: www.va.gov/MS/veterans/caregivers
- Veterans with MS: www.va.gov/MS/veterans
- *Overview of Multiple Sclerosis for Veterans* Booklet: www.va.gov/MS/Products/overview_booklet
- *MS Veteran Newsletter*: www.va.gov/MS/Products/newsletters
- Educational videos can be viewed: www.va.gov/MS/products/videos
- DVDs can be ordered for free on the MSCoE website:
e-mail: MSCentersofExcellence@va.gov
 - Bowel and Bladder Management in MS
 - Emotional Disorders and MS: Approach to Management
 - MS Modifiable Risk Factors (Health Risks)
 - MS, Cognition and Brain Imaging: Understanding Cognitive Dysfunction
 - Mobility for People with MS
 - Sexual Intimacy and MS

VA Websites:

- “Coaching into Care”: www.mirecc.va.gov/coaching/services.asp
- MOVE! Program: (exercise/weight management): www.move.va.gov
- Benefits: www.ebenefits.va.gov/ebenefits/homepage
- Federal Benefits for Veterans, Dependents and Survivors: www.va.gov/opa/publications/benefits_book.asp
- Fiduciary Program: <http://benefits.va.gov/fiduciary>
- Financial Planning Services: www.benefits.va.gov/benefits/services.asp
- Mental Health: www.mentalhealth.va.gov
- My HealtheVet: www.myhealth.va.gov
- Online Veteran Training Resource Center: www.veterantraining.va.gov
- Respite care: www.va.gov/geriatrics/guide/longtermcare/respite_care.asp
- VBA Claims: www.benefits.va.gov/TRANSFORMATION
- VHA Health Promotion and Disease Prevention: www.prevention.va.gov

The National Multiple Sclerosis Society (NMSS) – By going to www.nationalmssociety.org, you and your family can access information and downloadable brochures to learn more about MS. To search for any of the topics below, click on the search box located in the top right-hand corner of the National MS Society homepage. You will then be given a list of all available information and downloadable material related to your topic of interest. <http://www.nationalmssociety.org/Resources-Support/Library-Education-Programs>

NMSS Brochures:

Acupuncture in MS
ADA and People with MS
At Home with MS: Adapting Your Environment
Bowel Problems
“But You Look So Good”

Caring for Loved Ones
Choosing the Right Health Care Provider
Clear Thinking About Alternative Therapies
Controlling Spasticity
Driving with MS

Dental Health
 Diagnosis
 Disclosure
 Disease-Modifying Drugs
 Exercise as Part of Everyday Life
 Fatigue: What You Should Know
 Food for Thought
 Focus On Employment
 Gait or Walking Problems
 Guide for Caregivers
 Hiring Help at Home
 Hormones: Basic Facts
 How to Choose the Mobility Device That's Right For You
 Intimacy & Sexuality in MS
 Just the Facts
 Keep S'myelin (Kid's Newsletter)
 Knowledge is Power
 Living with MS
 Managing MS Through Rehab
 Managing Progressive MS
 Maximizing Independence: A Guide to Planning for Changing MS Care Needs
 Minimizing Your Risk of Falls
 MS Navigator Brochure
 MS and Your Emotions

Pain: The Basic Facts
 Plaintiff (For Families)
 Preventative Care
 Research Directions in MS Depression and MS
 Review of Regular Medications & Supplements
 Scholarship
 Should I Work?
 Sleep Disorders and MS: Basic Facts
 So You Have Progressive MS?
 Social Security Disability Benefits: A Guide For People Living with MS
 Solving Cognitive Problems
 Someone You Know Has MS
 Speech And Swallowing: Basic Facts
 Stretching for People with MS
 Stretching with a Helper
 Taming Stress in MS
 Tremor: Basic Facts
 Urinary Dysfunction in MS
 Vision Problems: Basic Facts
 Vitamins, Minerals & Herbs
 What is MS
 When a Parent Has MS A Teenager's Guide
 The Win-Win Approach to Reasonable Accommodations

Additional Books:

Kalb, R. *Multiple Sclerosis: A Guide for Families*. 3rd ed. New York, NY: Demos Medical Publishing; 2006.

Cleland, M., Schmall, V.L. *The Caregiver Helpbook: Powerful Tools for Caregivers*. 2nd ed. Portland, OR: Legacy Health System, 2006.
www.powerfultoolsforcaregivers.org

Fraser, R.T., Kraft, G., Ehde, D.M., Johnson, K.L. *The MS Workbook*. Oakland, CA: New Harbinger Publications, Inc; 2006.

Shadday, A. *MS and Your Feelings*. Alameda, CA: Hunter House Publishers; 2007.

Farrell, P. *It's Not All in Your Head*. New York, NY: Demos Publishing; 2010.

Murray, T.J., Saunders, C.S., Holland, N.J. *Multiple Sclerosis: A Guide for the Newly Diagnosed*. New York, NY: Demos Medical Publishing; 2013.

Kalb, R. Geisser, B., Costello, K. *Multiple Sclerosis for Dummies*. (2nd Edition). Hoboken, NJ.: John Wiley & Sons, Inc.; 2012.

Kalb, R. *Multiple Sclerosis: The Questions You Have, The Answers You Need*. New York, NY: Demos Medical Publishing; 2012.